

JOB MARKET: MYTHS VERSUS REALITY

YOUTH AND EXPERTS REVEAL WHAT'S REALLY NEEDED TO SUCCEED IN TODAY'S ECONOMY

PAGES 4 & 5

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WEEKEND, March 1-3, 2013



News
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Saturday's
Jackpot



Expect to see a bump in taxes as freeze gets iced



Mayor Joe Fontana is pictured Thursday in council chambers as politicians prepare to approve the 2013 budget. ANGELA MULLINS/METRO

Calling it off. Mayor backs down from promise to hold the line for homeowners



ANGELA
MULLINS

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Nope. Probably not again.

Taxes are likely to see a bump this year after Mayor Joe Fontana — the ringleader of a drive toward a third consecutive tax freeze — called off the push Thursday.

The move came as city council sat down for a final budget vote. The expected tax hike was 1.2 per cent at Metro's deadline — the same place it started six hours earlier.

Politicians could have hit the magic zero if they had made deep cuts, put less in savings or forced boards and commissions to deliver the same service without more money, Fontana said at the start of the meeting.

"I guess the question is: Should we?" the mayor said.

Simply put, it's not the time, he said. Firming up enough money to boost job creation is more important than avoiding a tax increase, Fontana said.

The economy, he said, needs more "oxygen" than he previously thought.

Speaking during a break in the meeting, Fontana hinted at a planned push to get below 1.2 per cent. Motions tied to that had not been put on the floor at Metro's deadline.

A look back

- Mayor Joe Fontana made two big promises during his 2010 campaign against incumbent Ann Marie DeCicco-Best.

- One was that he would deliver four years worth of tax freezes, something some other politicians rallied behind.

- Fontana's other promise was that 10,000 jobs would be created during his term.

Bumping taxes a bit shouldn't be seen as a failure, the mayor said. Two months of budget debate have led to reducing costs while maintaining core services.

Budget talks started with an expected \$20-million shortfall. That gap had been narrowed to \$5.6 million by the time Thursday's meeting started.

"I think we've balanced the budget in a number of ways," Fontana said. "We've reduced our costs, we've maintained our services, (and) we're investing for the future."

On the web

To get the latest on this story go to metronews.ca



Parking prices to leap during skating world championships

Cashing in on congestion. Sporting event brings global tourists, premiums for downtown drivers



ANGELA MULLINS

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Parking in some downtown lots is about to get more expensive.

Impark is hiking prices around Budweiser Gardens during the World Figure Skating Championships.

The company will charge flat event rates at surface lots — \$15 during the day March 11, 12 and 17. The rate goes up to \$25 from March 13 to 16. Parking will cost \$10 after 6 p.m. on all days, according to Impark's website (impark.com).

Typical daily maximums vary between downtown lots, ranging from \$7.50 to \$15.

Stashing a car at Impark's Citi Plaza will cost \$3 for a half hour — 50 cents more than the regular price — with a \$20 daily maximum. People parking at the Covent Garden Market garage won't pay a premium unless they specifically are going to Budweiser Gardens.

Lloyd Stacey, general manager of Impark London, said he

Parking notes

- Bagged.** A lot of street parking will be eaten up by lane and street closures around Budweiser Gardens during the World Figure Skating Championships. Meters in several areas will be bagged, officials say.
- Precautions.** The city has taken multiple precautions to make way for the Worlds. For example, \$60 will get you a week-long pass to a park-and-ride lot near Adelaide and Dundas streets. Shuttles will run to downtown. Passes must be bought in advance.
- Questions or concerns?** For questions about municipal lots, call 519-661-4537 or email parking-enforcement@london.ca.

had planned to charge more but scaled the numbers back after information sessions organized by Downtown London.

"Primarily, the rate's there because we're trying to earn revenue," he said. "At the same token, we do have extra costs. I'm going to have extra staffing. I'm going to be putting up signs."



A sign posted Thursday at Impark's Citi Plaza parking garage alerts people to rate increases coming during the March 11 to 17 World Figure Skating Championships at Budweiser Gardens. ANGELA MULLINS/METRO

"You also want to encourage those who won't be going to the event to park somewhere else (outside downtown) to ease congestion."

Prices at city lots won't change during the Worlds, but monthly pass holders are being moved out of lots near Budweiser Gardens to make room for tourists, said Annette Drost,

Impark

"You also want to encourage those who won't be going to the event to park somewhere else."

Lloyd Stacey, Impark London GM
manager of municipal law en-

forcement services.

With hotels in the south part of the city offering shuttle service to downtown and tour companies offering busing for the people they bring to town, Drost is optimistic there will be enough spaces to meet demand.

"I'm fairly confident it will work out," she said.

United Way sets record after late push

After projecting a \$150,000 shortfall last month, United Way London & Middlesex met its record-setting campaign goal of \$8.75 million.

"It was a race to the finish," campaign chair Bill Tucker said in a news release.

The United Way will make its largest community investment of donor dollars ever, funding 83 programs and initiatives delivered



at 47 agencies.
"The most important

measure of success is the impact that this record-setting investment will have in people's lives right here in London and Middlesex County," said Andrew Lockie, CEO of United Way London & Middlesex.

United Way funding decisions are made by volunteers who represent a cross-section of the community. Agency allocations are determined

through a review process led by specially trained donor volunteers who assess the impact that funded programs and services have on the area.

In response to increasing demand for social services, the United Way placed special attention on programs for people and families dealing with mental-health issues and family stress because of job loss. METRO

Program funding

- In 2013-14, United Way will continue to fund all agencies that continue to operate from 2012-13 investments.
- More than 80 per cent of agencies who requested increases to funding were granted them.

Isotope production

Lawson and partners awarded \$7 million

Lawson Health Research Institute and three partner organizations have been awarded \$7 million to support production of non-reactor-based medical imaging isotopes. The project is funded by Natural Resources Canada through the Isotope Technology Acceleration Program.

METRO

\$100 for tip

Ponzi scheme victims up reward for alleged ringleader

Victims of an alleged investment scheme are upping the reward for information about a man considered one of its ringleaders.

Nancy Swinkels said \$100,000 is now on the table for a tip resulting in the "successful apprehension" of William Charles Rath. Swinkels, one of about 370 people



involved in a class-action lawsuit against Rath, posted the first reward, \$25,000, about a year ago.
ANGELA MULLINS/METRO

Crime sting

Project Deal Break nets arrests, drugs

In response to community concerns with a noticeable increase in drug-related activities, London police recently launched an operation to nab traffickers. From Feb. 20 to 23, Project Deal Break targeted drug trafficking in the Dundas Street corridor. A total of \$1,432 worth of drugs were seized.

METRO

Wednesday altercation

Cause of man's death not yet known: Police

The autopsy of a man who died Wednesday morning after an altercation a few hours earlier has not found the cause of death, police said. Further tests are being conducted, under direction of the coroner, to try to determine a cause of death. These tests often take several weeks to complete. METRO



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A tale of two job prospects

New grads.

Good timing versus the ticking clock: Two grads tell of their success and challenges in a hostile job market



JOE
LOFARO

Metro in Ottawa

For Chris Meelker, finding work after graduating from Confederation College's Aerospace Manufacturing Engineering Technology program in 2011 was relatively easy.

After all, he had a job waiting for him at Bombardier — the largest aerospace company in Canada — before he took off his mortarboard.

The 26-year-old methods analyst said there were a few factors that led him to where he is today.

For one, he dropped out of Carleton University's engineering program in Ottawa.

"It was not what I thought it was going to be, and I could see that with the number of people there, the competition was going to be fierce," he told Metro



Chris Meelker, 26, says luck was on his side. CONTRIBUTED

in a phone interview from Montreal, where he works.

The program was a little too theoretical, he said, so he applied to Confederation College in Thunder Bay. In his last year, a member of Bombardier interviewed his graduating class for positions at the company.

He, along with four other graduates, passed and started work after just one month.

Not bad for someone who, at the time, was 24 and fresh out of college. He admits, though, that luck was on his side.

"I think it was really a case of timing," said Meelker. "Bombardier was working on a new program that they were hiring

for, and we were graduating at the right time."

With no student debt — he worked during school and the summers — he is now saving his money to buy a new house.

When asked why some youth are struggling to find work these days, he, like most, couldn't give a clear answer.

However, he said it may be related to simple numbers.

"When you have a ... class of 400 to 500 people at every major school in Canada, and you think that every year they're pumping out thousands of engineering grads — how can there be demand for that sort of thing?" he said.

One of the lost

"I want to start a family ... Going back to school is counterproductive to that aim."

Aldin Basic, educated but unemployed



Aldin Basic, 26, has two degrees and no job. CONTRIBUTED

You can count Aldin Basic as one of the lost — the host of Canadian 20-somethings with a university degree that struggle to find work in their field.

In fact, Basic has two degrees — one in biochemistry and one in psychology from the University of Ottawa. He got the latter in October 2012.

But for the past four months, the 26-year-old hasn't been able to get his foot in the door. He wants to get into pharmaceutical or biomedical sales.

"Something where I can use both my theoretical knowledge and technical skills from science with communication skills that I've obtained from psychology and business," said Basic in an interview with Metro in Ottawa.

After fruitlessly sending out more than 200 job applications to various places since last May, he decided a couple of months

ago to try a different approach — investing considerable time in researching positions and developing contacts within a desired company before applying.

"I heard a statistic that says only 20 per cent of jobs are actually advertised on job search engines," said Basic. "So in order to increase your hit rate, you have to somehow become part of that inner circle. And when you're a recent graduate that has no real experience within the field you're trying to get into, getting into that inner circle is very difficult."

Part of the problem, he said, is that baby boomers are staying at their jobs longer while

more grads are coming out of university looking for work.

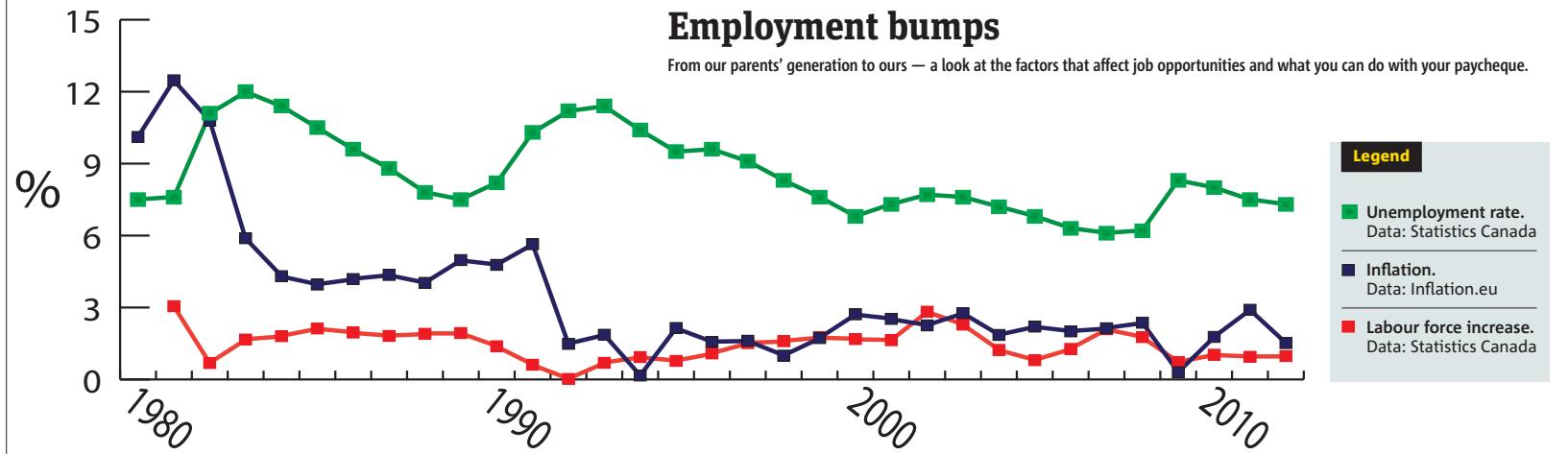
He said other stalled graduates he knows have either gone to graduate school or have gone to study other degrees. But for him, those are no longer options.

The clock is ticking. He gave himself a March 7 deadline — his 27th birthday — to find work. After that, he said he will broaden his job search outside of Ottawa.

"I want to start a family. I want to start helping my parents out at home. I want to start living a life right now," he said. "Going back to school is counterproductive to that aim."

Employment bumps

From our parents' generation to ours — a look at the factors that affect job opportunities and what you can do with your paycheque.



Legend

- Unemployment rate. Data: Statistics Canada
- Inflation. Data: Inflation.eu
- Labour force increase. Data: Statistics Canada

This ain't our parents' economy



ALEX
BOUTILIER

Metro in Ottawa

When my parents were 26 and freshly out of university, they were expecting their first child and building their own house on land they owned.

Many in my generation are having a slightly ... different experience as we transition into our post-undergraduate life. And we're more likely to have a harder time getting started

on the next chapter.

True, unemployment among younger workers is much lower than it was after the recessions of the 1980s and 1990s. A recent study from the Certified General Accountants Association of Canada found that unemployment among younger workers between the ages of 25 and 29 was 7.8 per cent in 2011 — paling in comparison to the early '80s (12.9 per cent) and '90s (13 per cent).

At the same time, how-

ever, the barriers facing young people in getting a post-secondary education are increasing. In Ontario, tuition increased 200 per

cent between 1991 and 2007, according to the Communities Foundation of Canada. Ditto for Nova Scotia — where my parents built that house — and Alberta.

But a bachelor's degree, we were often told, was the new high school diploma, so off we went. And then, as my colleagues of the class of 2009 emerged bleary-eyed from the Groves of Academe, we found ourselves in the height of the recession. The economics majors explained to the rest of us why

that was bad.

Struggling to pay off student debt in a tough job market certainly makes it more difficult to pursue those adult goals, such as owning a home or not eating rice every meal.

But don't despair, soon-to-be-recent graduates. There are still many paths — they may just be a little more winding.

"What is key is for students to get into the job market while they are in university," explains David Lewis

Rodas-Wright, the University of Ottawa's employer-relations co-ordinator.

Rodas-Wright points to volunteerism, employer co-ops and internships — which my friends in journalism know all too well — to build up skills prior to graduation.

There is no doubt that there's a wall waiting at the end of graduation. But it's not necessarily taller than those previous generations faced. It's just different — like the ways over it.

Does TV lie to you? Experts put six celeb job paths to the test



Who: Betty Suarez

Path: Co-op

Perception: This is a back-stage pass into the labour force

"Nowadays a co-op is the best way to make connections and develop enough experience to get a job right out of school."

Lauren Fries
Founder, TalentEgg, an online job search tool for students and new grads

Who: Hannah of Girls

Path: Internship

Perception: You will be exploited for free labour

"There isn't necessarily a job at the end of the tunnel but it can be a positive thing."

Lauren Fries
Founder, TalentEgg, an online job search tool for students and new grads

Who: Don Draper of Mad Men

Path: Straight job

Perception: There are no jobs

"Generation Y doesn't want to work their way up. They think they deserve meaningful jobs."

Lauren Fries
Founder, TalentEgg, an online job search tool for students and new grads

Who: Gordon Ramsey of Hell's Kitchen

Path: Entrepreneur

Perception: Most businesses fail in the first three years

"I see it as taking on a mortgage versus renting. Taking on a mortgage is a lot more risk but at the end of the day, it's yours."

Megan Summers
Founder, DinnerPlate, a catering logistics company

Who: Mike Holmes of Holmes on Homes

Path: Entrepreneur

Perception: It's dirty work

"We're looking at shortages of trades people because over the last couple of decades we've told students to go and get tech jobs."

Ingrid Argyle
Project manager
Ottawa Integrated Local Labour Market

Who: Sheldon from the Big Bang Theory

Path: Forever student

Perception: You will be over-educated and underemployed

"In university life, the job is to study and perform. The problem is they don't have a chance to get out and connect with people in the labour market."

David Lewis Rodas-Wright
Spokesperson, employer relations at University of Ottawa

METRO

Youth on the chopping block



STEVE COLLINS
For Metro in Ottawa

If you're young and out of work, you may feel the deck's stacked against you — and some of the numbers agree.

"(Youth unemployment) tends to hover at about twice the national rate," said BMO senior economist Sal Guatieri, who notes it peaked at 16.4 per cent during

the recent economic downturn. For those 25 and over, it peaked at 7.3 per cent.

Worse, according to a study by the Community Foundations of Canada, youth aged 15 to 24, who make up 16 per cent of the work force, accounted for 50 per cent of the recession's job losses.

"It's last in, first out for those with the least experience or seniority," Guatieri said.

The good news, he offered, is that while youth employment took the biggest hit when the job market tightened, it's also on a faster rebound.

"The youth unemployment rate has fallen twice as fast as the adult unemployment rate since peaking," he said. "It's just that it, of course, peaked at a much higher level."

He advises young people to "be patient and get as

the economic picture to improve.

"We really are dependant on the American consumer to pick up their socks and spend a little faster before Canadian exports recover and our economy strengthens," he said.

"We see that scenario unfolding later this year and into next year, so it may just be a matter of time before the youth unemployment rate falls more significantly."

Job cuts

"It's last in, first out for those with the least experience or seniority."

Sal Guatieri, BMO senior economist

much education and training for the type of jobs that are in demand today: the high-tech positions, the professional services, those kind of jobs." Then wait for

Exclusively online

Head online to metronews.ca for interviews with experts who tackle the pressing questions:

Talent recruiter Stefan Danis helps youth cut through today's tough jobs market

- Is it really harder for today's grads to get jobs?
- How long is a good resumé?
- What's the biggest job seeking mistake?

Youth job market's 10-year outlook is a storm for students, says expert

- How is the "go to school, get a degree, get a good job" career path working today?
- Is it time to redefine how we measure success?
- If we can't find jobs, should we become entrepreneurs?

Young entrepreneurs encourage those struggling to set up small businesses

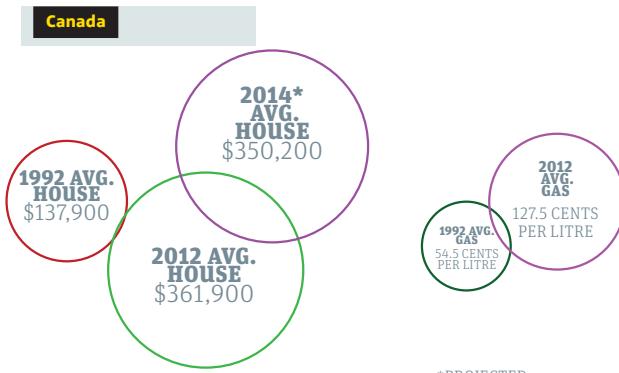
- Is it best to get startup funding from the Canadian government?
- What role does starting capital play in beginning a business?
- What advice would you give an aspiring business major?

Ontario



SOURCE: CANADIAN FEDERATION OF STUDENTS

Canada



SOURCE: RBC

*PROJECTED
SOURCE: KENT MARKETING SERVICES

As students embark on post-secondary education, they are met with increasingly high levels of tuition. That, coupled with the increasing cost of living, and a daunting job market, can make expectations that much more unmanageable. METRO



Benedict XVI promises obedience to new Pope



Emeritus. As he leaves the Vatican, ex-pontiff says he's beginning the final stage of his life as 'simply a pilgrim'



Young priests in Rome wave to the helicopter taking Pope Benedict XVI from the Vatican to Castel Gandolfo. THE ASSOCIATED PRESS/ANGELO CARCONI

Benedict XVI became the first pope in 600 years to resign Thursday, ending an eight-year pontificate shaped by struggles to move the church past sex abuse scandals and to reawaken Christianity in an indifferent world.

As bells tolled, the Swiss Guard standing at attention in the papal retreat of Castel Gandolfo shut the doors of the palazzo shortly after 8 p.m. Thursday (2 p.m. EST), symbolically closing out a papacy whose legacy will be most marked by the way it ended — a resignation.

In a changing of the guard, the Swiss Guards, in their yellow-and-blue striped uniforms, handed over responsibility of protecting the 85-year-old Ben-



Benedict waves goodbye. AP

On Thursday, Benedict told his cardinals, "Among you is ... the future pope, whom I today promise my unconditional reverence and obedience."

- "May the College of Cardinals work like an orchestra ... toward a higher and harmonious agreement," he said.

edict to Vatican police as some of the faithful outside shouted "Viva il papa!"

The pope's journey into retirement began with an emotional send-off from the Vatican, Swiss Guards in full regalia and prelates kneeling to kiss Benedict's ring.

THE ASSOCIATED PRESS

Labour. 'Real actions' needed before Wynne will win teachers over: Union

Students in Ontario's public elementary schools won't get their extracurricular activities back any time soon.

The union representing the teachers said it won't ask its 76,000 members to resume voluntary activities, like supervising sports teams and clubs.

It will take "real actions" for Premier Kathleen Wynne's government to re-

gain the confidence of teachers, the Elementary Teachers' Federation of Ontario said.

So far, the government has only promised to listen and work with the union to change the bargaining process in the future, said ETFO president Sam Hammond. Education Minister Liz Sandals is pleased the union wants to keep talking.

THE CANADIAN PRESS

Politics. Wynne to give opposition more on cancelled gas plants

Premier Kathleen Wynne moved Thursday to defuse a contempt of parliament motion against her Liberal government over the release of documents on two cancelled gas plants by promising to give the opposition more of the information they've been demanding.

On the day the justice committee finally began hearings into the con-

tempt motion, Wynne announced she would expand its mandate "to look at the tendering, planning, commissioning, cancellation and relocation of the Mississauga and Oakville gas plants." The committee's hearings had been delayed four months by Dalton McGuinty's prorogation of the legislature.

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Lime Ridge Mall
Lynden Park Mall
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The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall

Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Lost your wallet? Get your phone out

Make like a pigeon.

'Stickers' let you home in on lost items via Bluetooth device

Jimmy Buchheim is behaving oddly.

On the floor of the world's largest cellphone trade show in Barcelona, Spain, he's looking at the screen of his iPod Touch, taking a few steps, and then looking again. Now and then he backtracks or turns, and looks again. Slowly, he confines his movements to a smaller and smaller area. Then he drops to his knees, and checks the screen again.

"There we are!" he says.

Buchheim has found his keys, which had been hidden behind a wastebasket by a skeptical reporter. On the key ring is a small disc, slightly bigger than a quarter. That's what Buchheim was homing in on, with his iPod.

Buchheim's Davie, Fla.-based company, Stick-N-Find Technologies, wants to give people a way to find things,



Stick-N-Find THE ASSOCIATED PRESS

whether it's keys, wallets, TV remotes or cat collars.

There's no real trick to sending out a radio signal and having a phone pick it up. That's been done before. What makes the Stick-N-Find practical is a new radio technology known as Bluetooth Low Energy, which drastically reduces the battery power needed to send out a signal. That means the disc can be small, light enough for its sticky back to adhere to a lot of surfaces and be powered by a battery that lasts up to two years without recharging. The

signal can be picked up as far as 300 feet away, under ideal circumstances. At the wireless show though, the range was about 20 feet.

One downside: It's not cheap. Stick-N-Find charges \$50 for two "stickers" from its first production run.

Another downside is that few devices can pick up the signals. Bluetooth Low Energy is expected to become a standard feature in phones, but it's not yet. Also, it won't tell you exactly where your sticker is located, only how far away it is.

THE ASSOCIATED PRESS

Heel!

Users can set up a virtual "leash" between a sticker and a Bluetooth device. When the two move a certain distance away from each other, the sticker can start beeping, or the device's screen can show an alert. That way, you could use a sticker in your wallet, linked to your phone, to let you know if you're leaving either one behind.



Walking Dead no more?

This image shows a scene from the AMC hit The Walking Dead. Negotiations over a distribution deal between U.S.-based AMC and media giant Rogers Communications are heating up. Some Rogers customers reported Wednesday that online banner advertisements informed them that they "lost" or will lose The Walking Dead on their lineup. The confusing ads — AMC was still being carried by Rogers — seem to be displayed to customers with Rogers IP addresses. A spokeswoman said Rogers has no plans to pull the channel. Earlier this week, AMC warned some Canadians that they were at risk of losing popular shows if an agreement is not reached by Thursday at 11:59 p.m. RUSSELL KAYE/AMC/THE ASSOCIATED PRESS

February optimism

Small-business confidence up

Small businesses appear to be feeling more optimistic, according to the latest survey by the Canadian Federation of Independent Business. The CFIB says its index rose a half a point to 66.2 on a scale of zero to 100. More than 50 means owners who expect their operations to be stronger in the next year outnumber those expecting a weaker performance. Alberta business owners remain the most optimistic. Ontario is slightly below the national average. THE CANADIAN PRESS

Market Minute

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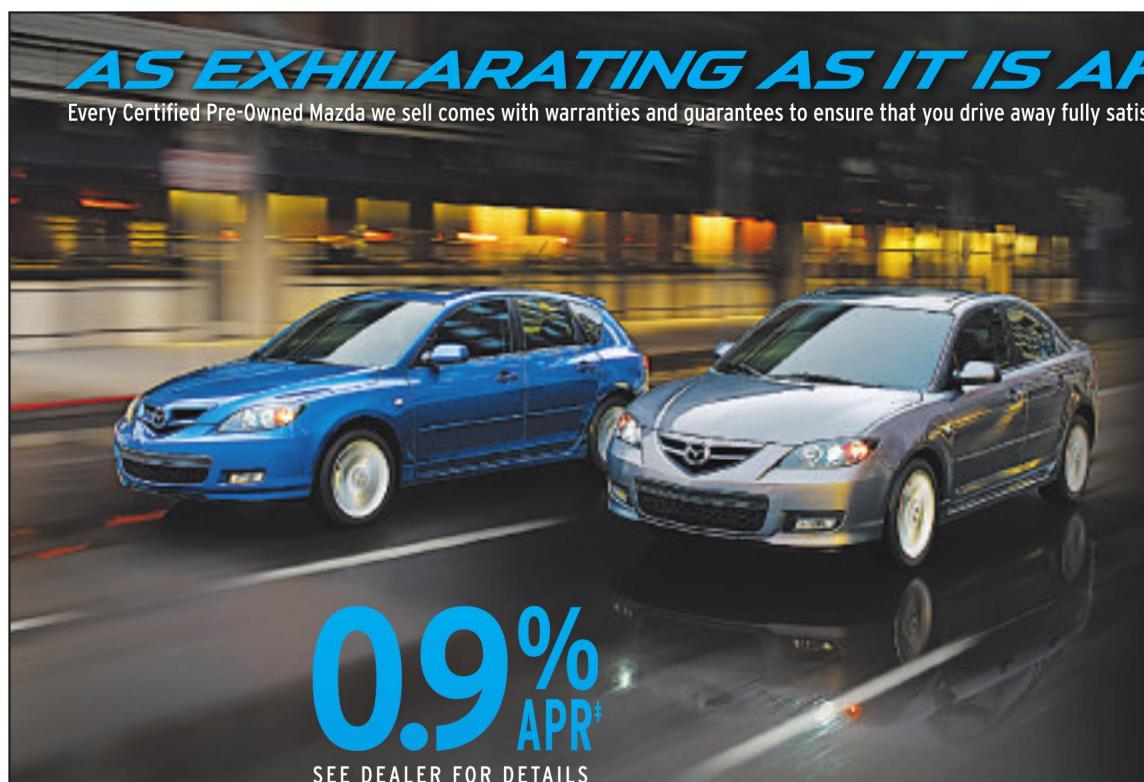
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TAYLOR SWIFT, GOAT GOT YOUR TONGUE?



THE LIST
Paul Sullivan
metronews.ca

Another wacky week for the world ...

1 **Oscar Badness.** The week opened way off Broadway with the Seth MacFarlane-hosted Oscars.

The creator of Family Guy managed to offend everyone's sensibilities with jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination. But the ratings were up! What a relief!

2 **How Many Supreme Court Judges ...** Speaking of hate, did anyone understand the Supreme Court of Canada's ruling about some guy in Saskatchewan who says vicious things about gay people (no joke)? According to the venerable judges, it's free speech to go ahead and offend other people, but it's illegal if, in the process, it exposes those people to hatred. By that test, is it OK for Shakespeare to declare "Kill all the lawyers," unless someone actually does?

3 **Pope No More.** Meanwhile, the Pope has left the building. The Vatican, that is. For the first time in 600 years, the Pope resigned. Not much has changed however. Pope Emeritus Benedict will still be called His Holiness, still gets to wear a white cassock and still thinks gay marriage is a carefree union between a man and a woman.

4 **In Other Goofy Italian News.** Silvio Berlusconi, the exact opposite of the Pope, made a surprising comeback and finished a close second in the Italian election. The stock market wasn't the only institution that reacted badly to the news that the bunga-bunga party guy is back. The Pope didn't resign. He quit in disgust.

5 **Beam Us Up, Scotty.** Former space tourist and multi-millionaire Dennis Tito is teaming up with SpaceX to send a middle-aged married couple to Mars as early as 2018, an entirely privately funded expedition. To Mars, but not on Mars, as the closest they get will be 100 miles. They'll orbit the Red Planet, then turn around and come home. Imagine a 501-day road trip in a Mini with your spouse and you can only begin to comprehend what a perilous mission this is.

6 **Who Knew?** It's not Atlantis, it's Mauritia. Not a sneeze but a lost continent that sank off the coast of Madagascar. Mauritia wasn't really much as continents go, only about a quarter the size of Madagascar, but when you lose something that big, why does it take 85 million years to notice? So Atlantis could be down there somewhere. We just have to wait for James Cameron to find it.

7 **Taylor Swift, Got Yer Goat.** Gotta love the Internet. A magnificent tool for sharing knowledge and YouTube videos of Goats Yelling Like Humans, including a mix of Taylor Swift singing and goats yelling. The challenge is to tell them apart. I'm not making this up: youtu.be/LEdqn-Gtg-s

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Jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination equal ratings. Who knew? KEVIN WINTER/GETTY IMAGES

Polar's molar checkup



MCT VIA GETTY IMAGES

Animal procedure

Polar bear gets root-canal routine

For his routine dentist checkup, this fearsome predatory animal needed a general anesthetic — for his comfort and the safety of others. Boris, one of three resident polar bears at the Point Defiance Zoo & Aquarium in Tacoma, Wash., underwent a root-canal exam last weekend to repair an infected canine tooth. **MWN**

Boris the polar bear

- **Height.** About nine feet.
- **Weight.** 922 pounds.
- **Born.** Dec. 15, 1985, at the Rostock Zoo in Germany.
- **Arrival at current zoo.** November 2002 after being rescued from a circus in Puerto Rico.
- **Life expectancy.** As long as 40 years (captivity), 30 (in the wild).

Sequence of events

12 staff members help bear weight

A veterinarian went to the zoo's Arctic Tundra exhibit last Saturday and shot Boris with a tranquilizer. The bear was then given a sedative before a dozen able-bodied staff members hoisted the 400-plus-kilogram animal onto a stretcher. Afterwards, the animal was put on a padded operating table and placed on a ventilator to allow medical staff to examine him. **MWN**

Procedure in numbers

4.5

hours is how long Boris's procedure took.

Apart from his root-canal treatment, Boris had a lump removed from his eye to improve his vision, and got his claws trimmed.

Boris was on his paws walking about two hours after the medical work, eating soft foods and receiving painkillers.



Register at metropolitanpanel.ca and take the quick poll

How many books will you likely read this year?



Twitter

@LeGiff:

So nice to have new music to listen to nice & loud on my studio speakers! Will it be @Johnny_Marr or @imogenheap this morning? Hmm....

@Linesbylyons:

So, I'm on a Government of Canada website that uses all American English spelling. #fail

@hoogathy:

Idea for saving money on #Idont 2013 budget: don't let

counsellors get paid to debate the 12-month budget for 2 months.

@HBoyd:

Congrats Dancor Construction of #Idont for being named one of nation's best managed companies by @Deloitte #onpoli dancor.ca

@robothg1:

Not impressed at how long I have to wait to see a doctor when I'm already sitting in the room #fan-shawe #impatient #patient



Nicholas Hoult stars in *Jack the Giant Slayer*. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Fee, fi, fo, humdrum?

Jack the Giant Slayer.

This retelling of a classic fairy tale gets mixed reviews

Richard: Mark, this is what used to be called a "ripping good yarn." It's got all the ingredients of classic fairy tales — a pretty princess, heroics galore, a dash of romance and loads of giant slaying! It's a change from the usual Hollywood fairy tale retellings in that it remains fairly true to the source — there's no Snow White and the Huntsman style ennui here — but what starts out as a family friendly romp turns much darker near the end and won't be appropriate for younger Jack and the Beanstalk fans.

Mark: I agree with "ripping," I'm fine with "yarn." It's "good" I have trouble with. I thought it was made for

people who enjoyed Clash of the Titans but found it a wee bit too cerebral. Here's my plot synopsis: A giant beanstalk opens up a portal between Earth and the skies above, and one hour and 46 minutes of the audience's time is lost forever ... I may never eat edamame again.

RC: But edamame is delicious! And so are parts of this movie. A small family could live underneath Nicholas Hoult's cheekbones and the giants are really cool. It's a large-scale CGI epic like Clash of the Titans, but I thought this one was far more successful in creating a world for the characters to live in. It's a simple story of good versus evil, and in a battle between Clash's Kraken and this movie's giants, I'd bet on the giants.

MB: The giants give good grunt, I'll give you that, but there's not a lot of good dia-

logue in this picture and the acting is rote. Let's face it, the beanstalk has the best part.

RC: The beanstalk certainly takes top billing, but I thought it was fun to see Ewen Bremner — Spud from Trainspotting — in a juicy villain role, backing up an evil Stanley Tucci, who seems to be having fun here. I saw it as a large-scale English pantomime without the songs. There's slapstick, elaborate costumes and you're supposed to boo at the bad guys and cheer for the heroes. It won't become a staple in my DVD collection, but I enjoyed watching the giant chef prepare pigs-in-a-blanket with live pigs!

MB: Richard, that's the one witty note in the picture, and it made me laugh too. So much more could have been made of the giants' surreal world, but the film is surprisingly ... earthbound.

Synopsis

The action in this epic retelling of Jack and the Beanstalk begins when the king's advisor Roderick (Stanley Tucci) hatches a plot to steal an enchanted crown and six magic beans that hold the key to opening a gateway between Earth and Gantua, the land of the giants. Enter poor farmer Jack (Nicholas Hoult) who becomes involved when he unwittingly sows a seed that sprouts a giant beanstalk, literally shooting the princess Isabelle (Eleanor Tomlinson) skyward into the humongous hands of the giants. Determined to rescue her, Jack battles the giants, wins the respect of the king and the love of a princess.

• Richard: ⚡⚡⚡

• Mark: ⚡⚡⚡

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Kristen Stewart

Stewart rejecting new advances from Sanders

Kristen Stewart has reportedly been dodging advances from her Snow White and the Huntsman director, Rupert Sanders, now that his marriage to Liberty Ross is toast following his and Stewart's cheating scandal last summer, according to Radar Online.

"Rupert's reached out to Kristen, but she doesn't

want anything to do with him," a source says. "He texted her a number of times after Liberty filed for divorce, however Kristen didn't respond. In truth, she regrets ever getting involved with Rupert because of how much it hurt Robert (Pattinson) and the amount of public backlash she was subjected to."

British singer looked 'very pleased' leaving Swift's hotel

Taylor Swift may have found another young British singer to keep her company.

Swift was reportedly visited by Ed Sheeran at her hotel during a recent trip to London, according to E! News. The pair "stayed in the room, just the two of them, until around 4 a.m.," a source says, adding that Sheeran looked "very happy" leaving via a car Swift had used the day before. "He

looked very pleased with himself," the source says.

There may be some history there, though. Another source claims that Swift and Sheeran "briefly dated last spring. He thinks she is really cute and they have a great chemistry together." And they'll have plenty of time together coming up, as Sheeran is set to serve as opening act for Swift's tour starting this month through September.



Taylor Swift

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Would Tina Fey consider hosting next year's Oscars? 'No way'

Don't get your hopes up for Tina Fey to host the Oscars next year, as the 30 Rock star says there's no way she'll take the job.

"I just feel like that gig is so hard," she tells the

Huffington Post. "Especially for, like, a woman. The amount of months that would be spent trying on dresses alone — no way."

Fey earned rave reviews for her work co-hosting the Golden Globes in January with pal Amy Poehler, and after Seth MacFarlane's controversy-courting Oscars hosting performance Sunday many naturally looked to Fey as an improvement for next year, but she insists there's no chance. "I wish I could tell you there was," Fey says.



Scott Weiland ALL PHOTOS GETTY IMAGES

Stone Temple Pilots singer reads of his firing

The rock band Stone Temple Pilots announced this week that they were firing singer Scott Weiland, and no one was more surprised by the news than Weiland himself.

"I learned of my supposed 'termination' from Stone Temple Pilots this morning by reading about it in the press," Weiland

says in a statement to E! News. "Not sure how I can be 'terminated' from a band that I founded, fronted and co-wrote many of its biggest hits, but that's something for the lawyers to figure out. In the meantime, I'm looking forward to seeing all of my fans on my solo tour, which starts this Friday."

Twitter



@jason_mraz

For me, the days that begin bad always seem to conclude with magical evenings. Thanks weird day!



@ActuallyNPH

The Nat Enq is cray cray. We've never had a wedding date, just engaged (Prop 8 and all). We're on a cruise as I write. He's rad. All good.



@samantharonson

I have now taken every allergy medicine available in the US- still no relief- but if i die tonight, u know why.



@GarryShandling

Maybe the Pope is tired because he stands when he drives.

eBusiness

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A colourful way to start Nutrition Month

Mediterranean

Roasted Beef and Veggies. March is devoted to healthy eating so whip up this delicious meal

When shopping, try to purchase healthy items from the perimeter of the grocery store and supplement with staples from the inner aisles.

Here is an easy and flavourful recipe keeping in mind those principles.

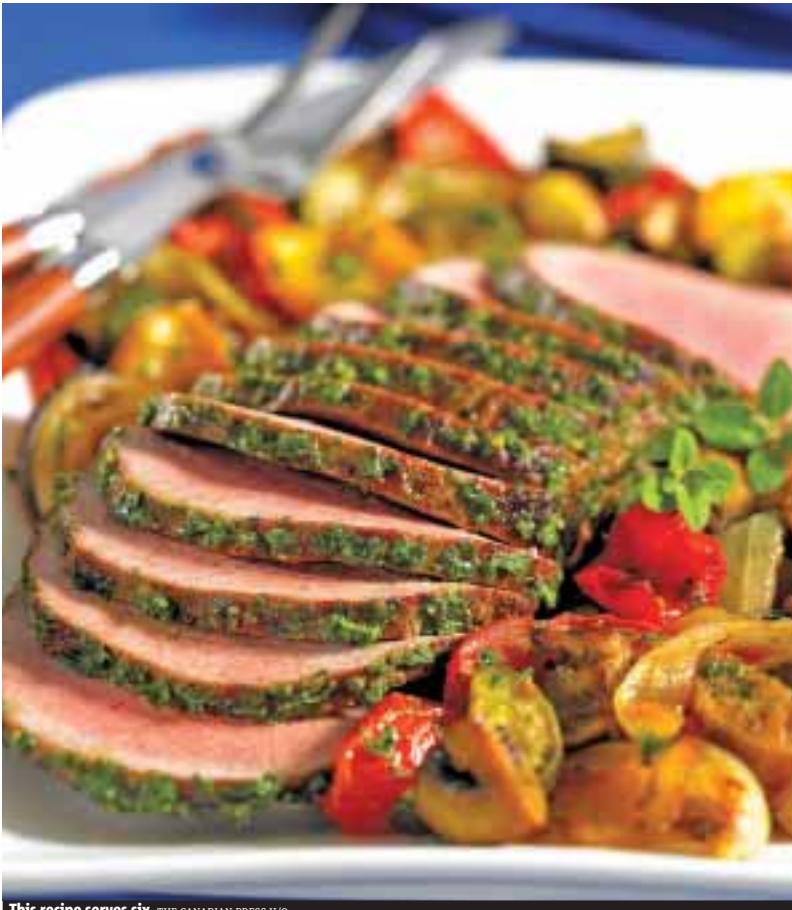
This colourful, nutritious dinner cooks all at once in the oven, making for little preparation or cleanup. Serve it with cooked couscous, quinoa, rice or pasta.

1. Line a rimmed baking sheet with foil and spray lightly with cooking spray.

2. In a large bowl, combine garlic, tomatoes, onion, eggplant, red pepper, yellow pep-

Ingredients

- 6 cloves garlic, peeled
- 3 plum (Roma) tomatoes, cored and quartered
- 1 small Spanish onion, cut into 12 wedges
- 1 baby eggplant, cut into chunks
- 1 each red and yellow bell peppers, cut into chunks
- 250 g (8 oz) zucchini (about 2 small), cut crosswise into 1-cm (1/2-inch) slices
- 125 g (4 oz) mushrooms, quartered
- 60 ml (4 tbsp) basil pesto
- 10 ml (2 tsp) olive oil
- 1.5 kg (3 lb) boneless beef sirloin tip
- Pinch each salt and pepper
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) liquid honey



This recipe serves six. THE CANADIAN PRESS/HO

per, zucchini, mushrooms and 45 ml (3 tbsp) of the pesto; toss to coat. Spread remaining pesto over roast. Place on rack in the same sauté pan.

3. In an ovenproof sauté pan or skillet with a rack, heat oil over medium-high heat. Season beef with salt and pepper. Cook beef, turning with tongs, for about 10 minutes or until browned all over.

Spread remaining pesto over roast. Place on rack in the same sauté pan.

4. Roast beef and vegetables in a 140 C (275 F) oven for about 1 1/2 hours or until a meat thermometer inserted in the thickest part of the roast registers 60 C (140 F) for medium-rare, or until desired doneness. Transfer roast to a cutting board, tent with

foil and let stand for 10 to 15 minutes.

5. Using a rubber spatula, scrape vegetables into a large bowl. Add vinegar and honey; toss to coat.

6. Carve roast across grain into thin slices. Serve with vegetables. THE CANADIAN PRESS/COOK! BY DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).



Liquid Assets
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sorry beer and spirit fans, with its reputation as a heart healthy, food-friendly beverage, wine sits at the top of the booze chain in the debate over which tipple is "best for you."

When it comes to a wine's nutritional value, you've got to think about the alcohol. That's where the calories come from folks, so a higher level means more sit-ups.

My friends at WineFolly.com have become one of the go-to wine blogs with their witty commentary and knack for turning mind-bending vino info into cool graphics. Their latest post is a chart that breaks down a variety of wine styles and lays out the truth about how many calories are in each glass. Wine Folly also takes cartography to a new level with a series of detailed maps to your favourite grape growing countries. They've just added Spain. Check out their website over a glass of Bodegas Piqueras 2008 Castillo de Almansa Reserva

(\$11.95 - \$14.99) from the Albacete region in Spain's southeast.

With its balanced, dark berry fruit and light, woody backbone, you just might forget that at 14 per cent alc./vol. you're drinking between 165-195 calories. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



Stir-fry your way to a quick and nutritious dinner

1. In bowl, whisk a little milk

into cornstarch to make a

Ingredients

- 250 ml (1 cup) milk
- 45 ml (3 tbsp) cornstarch
- 75 ml (1/3 cup) reduced-sodium soy sauce
- 30 ml (2 tbsp) liquid honey
- 15 ml (1 tbsp) butter, divided
- 500 g (1 lb) boneless skinless

- chicken, cut in thin strips
- 3 cloves garlic, minced
- 1 each sweet red, yellow and green pepper, cut in thin strips
- 30 ml (2 tbsp) rice vinegar
- Hot pepper sauce, to taste (optional)

smooth paste. Whisk in the remaining milk, reduced sodium soy sauce and honey; set aside.

2. Heat wok over high heat. Add half butter; swirl to coat. Add chicken and garlic and stir-fry 3 mins. or until browned; transfer to bowl. Add remaining butter to pan, then peppers. Stir-fry 5 mins. or until tender. Return chicken and any juices to pan. Reduce heat to medium.



This Honey-Garlic Chicken & Sweet Pepper Stir-Fry serves 4. THE CANADIAN PRESS

3. Whisk milk mix and pour into pan. Cook, stirring, 5 minutes or until chicken is no longer pink inside and sauce is thickened. Stir in vinegar and hot pepper sauce, to taste, if using.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA.

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



Skate art rolls into Forest City

Who says skateboarding isn't an art form? Certainly not London artist Steve deBruyn. Today, he opens an exhibit of skate-inspired art at the Forest City Gallery called Rolls Through. Using found materials, deBruyn creates sculptures and installations that might not look out of place at the local skate park, evoking half-pipes, ramps and loops. The work is unique to each showing — deBruyn has never exhibited the same show twice. The exhibition runs to April 5, opening Friday from 7 to 10 p.m.

PHOTO COURTESY OF JENNA FAYE POWELL



Tequila Tuesday

You know what they say — Tuesday's the new Friday. At least, that's what they say at The Rocks on King, which opened in January across the street from Budweiser Gardens at 93 King St. W. This Tuesday is the official Tequila Tuesday launch party at the bar. The drinks are cheap, courtesy of sponsorship from El Jimador, Jägermeister and Red Bull: tequila, Corona and Jägerbombs go for \$3.50 all night. Tunes will be handled by DJ Everfresh, and there are lots of prizes to be given away. Open 9 p.m. to 2 a.m.

IMAGE COURTESY OF ROB DRIVER



Shamrock of Ages

Local improv comedy troupe Shut the Front Door is looking to leave audiences laughing in support of a worthy cause tonight in an Irish-themed show called Shamrock of Ages. The show follows the familiar format of the TV show Whose Line Is It Anyway?, putting the actors in hilarious situations that force them to think on their feet. The group will perform two shows at the London Music Club Friday at 7:30 and 10 p.m. Proceeds from the shows will be donated to two local families in need. Tickets are \$10.

IMAGE COURTESY OF BRANDON RUDD.

PHOTO COURTESY OF NATALIE FINKELSTEIN



Classes without quizzes

Most of us will never begin to comprehend the scientific building blocks of the universe — so it's a good thing there are people like Sarah Gallagher, a professor of physics and astronomy at Western. On Tuesday Gallagher will give a talk exploring the role that supermassive black holes — like the one at the centre of our galaxy — play in the big picture. The lecture starts at 7 p.m. in the Stevenson Hunt Room at the Central Branch of the London Public Library. It's free, but pre-register at communications.uwo.ca/CWQJ.

PHOTO COURTESY OF SCOTT SZERYK



Shred it up, Scotty

Virtuoso — a term not often used lightly — is among the most commonly used words to describe Scott Szeryk. On Friday the guitar player hits the stage at Aeolian Hall in support of his latest album, Guitar Manifesto. Szeryk doesn't specialize in just one genre — just about every musical style that uses a guitar will be represented in some part. Any guitarists with an evening to kill won't want to miss the chance to hear this master play. Tickets are \$25 at the doors, which open at 7 p.m.

PHOTO COURTESY OF SCOTT SZERYK



MIX OF SIX
Julian Uzielli
Julian@metronews.ca



Glad for Krall

It's been four years since Canadian jazz singer and pianist Diana Krall last graced stages, but she'll be back in London next week in support of her latest album, Glad Rag Doll. The album, released last fall, is her first since 2009 and chiefly features re-imagined cover songs from the interwar years. Krall will perform in the RBC Theatre at Budweiser Gardens on Monday at 8 p.m. and fans can count on new songs as well as fan favourites. The show starts at 8 p.m. and tickets start at \$76.75 at budweisergardens.com.

PHOTO COURTESY OF SAVANAH SEWELL.

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London Knights first-round pick Liam Herbst works on a stationary bike in his parents' home as part of his rehab following knee surgery. BERNARD WEIL/TORSTAR NEWS SERVICE

No dampening Herbst's spirit

OHL. Knights draftee battling through injuries with hopes of someday returning to elite-level goaltending

With his NHL dreams waylaid by injury, you'd forgive Liam Herbst for cursing his lot in life. But this week he was counting his blessings.

The best equipment, a private coach, private school — from the time he took up goaltending at age six, Liam enjoyed no end of luxuries provided by two loving parents.

"Most people say you spend \$250,000 on a child before age 18," Liam, 16, said. "My parents have probably spent two or three times that. They've given me the best of everything."

What they can't give him is an imminent return to being the best. Less than a year ago Liam was a highly touted pros-

pect, the only goalie picked in the first round of the OHL draft. But this week he was at home in Toronto's west end, gingerly pedalling a stationary bike while recovering from the latest in a series of surgeries designed to correct the menacing collection of hurts that have threatened his career.

Such have been the ravages of the up-down grind of the butterfly style on his six-foot-three body. This past summer Liam underwent microfracture surgery to both knees, a procedure to stimulate the growth of new cartilage more commonly associated with mid- to late-career basketball pros closer to twice his age.

This month Liam had another surgery to repair damage in his right hip and another on his left knee. In the coming weeks it's expected he'll be encouraged by doctors to submit to operations on his left hip and right knee.

"It's pretty significant damage to his knees and hips," said Mark Guy, Liam's agent.

Contract limbo

Liam Herbst signed a contract with the London Knights last year, shortly after the team drafted him, but he isn't technically a member of the club.

• OHL commissioner David Branch said the league's contracts aren't certified until a player appears in a game.

"What I've been told by the doctors is they believe there's a chance they can fix it, and he'll have a chance to come back and play."

The injuries Liam has endured, while not often seen in teenagers, aren't uncommon among goaltenders who play the dominant butterfly style. The scars of hip surgery for the young men who patrol blue ice. Four years ago, Sports Illustrated pronounced the problem an NHL "epidemic."

TORSTAR NEWS SERVICE

Short-handed Knights top Spitfires



Ryan Rupert had a pair of goals in the Knights' Thursday night win in Windsor. OHL IMAGES

Ryan Rupert scored two goals as the London Knights defeated the Windsor Spitfires 5-2 on Thursday in Ontario Hockey League action.

Bo Horvat, Alex Broadhurst and Max Domi had the other goals for the Knights (44-12-4), who won their fifth straight game. Anthony Stolarz made 21 saves in London's net.

Both teams played the game with a short lineup. The Knights were without leading scorer Seth Griffith — out with a broken hand — and team captain Scott Harrington (upper-body injury). Matt Rupert also

On Thursday

5	2
Knights	Spitfires

missed the contest to begin serving a 10-game suspension he incurred earlier this week.

Ben Johnson and Kerby Rychel, with his team-leading 36th goal of the season, replied for the Spitfires (24-30-7) who dressed just 15

NHL. Kadri nets three to help Leafs past Islanders

Former London Knight Nazem Kadri notched his first career hat trick and Dion Phaneuf scored at 1:11 of overtime to give the Toronto Maple Leafs a 5-4 victory over the New York Islanders on Thursday night.

Phaneuf's fourth goal of the season lifted Toronto to its third straight win and fourth in five games at New York. The Maple Leafs have six wins in their last nine games against the Islanders. James van Riemsdyk also scored for the Maple Leafs, who improved to 9-4 on the road.

New York rallied on third-period goals by Andrew MacDonald and Kyle Okposo after Kadri finished his hat trick to put Toronto up 4-2 at the 14:12 mark of the second. The Islanders also got goals from



A hat trick after Nazem Kadri's third goal on Thursday night in Uniondale, N.Y. GETTY IMAGES

Josh Bailey in the first period and Lubomir Visnovsky in the second. THE ASSOCIATED PRESS



Lightning leap past Rats

Adrian Moss, left, of the London Lightning, goes up for a basket while Kevin Francis of the Saint John Millrats defends on Thursday. The Lightning defeated the Millrats 100-95 in the regular-season game at the Budweiser Gardens. MARK SPOWART/FOR METRO

Memorial Cup

Knights accepting deposits for 2014

The London Knights will begin to accept deposits from season-ticket holders (primary name on account only) beginning on Friday at 10 a.m. for 2014 Memorial Cup ticket packages.

The \$25-per-package deposits can be made by filling out a form that will be emailed or mailed out to all current season-ticket holders. Season-ticket holders can then fax the form to 519-668-7291 or e-mail it to tickets@londonknights.com. The Knights are hoping to win the rights to host the 2014 Memorial Cup. METRO

4
SPORTS

Red Sox prospect embraces knuckler after Dickey's success

MLB. Elusive pitch gaining popularity again after Blue Jay ace's Cy Young season

Boston Red Sox prospect Steven Wright knew he was taking a risk when he converted to a knuckleball pitcher a year and a half ago.

In a league filled with hard-throwing hurlers, mastering a slower, more unpredictable pitch seemed difficult to justify.

But R.A. Dickey's Cy Young-winning season with the 2012 New York Mets has boosted Wright's confidence.

"There was so much uncertainty to it before, but with R.A. doing what he did last year, he solidified the fact that you can be very effective at it, and very consistent with it," Wright said.

The 38-year-old Dickey was 20-6 with New York last year before he was traded in the off-season to the Toronto Blue Jays.

"With the knuckleball you just don't know," Wright said. "It could be great, it could be



Boston Red Sox starting pitcher Steven Wright throws a pitch against the Toronto Blue Jays during Grapefruit League action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

not great. But last year, R.A. proved that with the knuckleball, he can be just as effective as (Justin) Verlander, (Stephen) Strasburg, and the velocity that comes with those guys."

Tim Wakefield, who spent 17 seasons as a knuckleballer for the Red Sox, agrees that

Dickey has been invaluable to the cause.

In Fort Myers, Fla., for three days helping Wright make "minor adjustments", Wakefield stood on the mound with the 28-year-old during Wednesday's bullpen session, monitoring his delivery.

As someone who knows first hand the complexities of the knuckleball, Wakefield is delighted by Dickey's success.

"He validated the knuckleball and made it popular," the retired right-hander said. "There were so few of us that actually threw the pitch for

Quoted

"For a knuckleballer, it was like Christmas. It was exciting for me."

Steven Wright on pitching against R.A. Dickey in spring training on Monday.

a living — guys like Wilbur Wood, Phil Niekro, Charlie Hough, Tom Candiotti, myself and now R.A. — it's a close-knit fraternity, so I was very proud."

Though the knuckleball brotherhood may be small, Wakefield believes its members have a responsibility to ensure their breed doesn't die out.

By helping Wright this week, Wakefield is doing his part, just as he did for Dickey in 2008 when the then-struggling Seattle Mariner approached him for advice.

"I'm very open when it comes to helping other knuckleballers," Wakefield said. "It's always nice to be able to bounce ideas off somebody that is walking in the shoes that you walked in for so long."

THE CANADIAN PRESS

Spring training

Jays dump Yankees in Tampa

David Phelps allowed two hits over three scoreless innings Thursday as a New York Yankees' split squad lost 1-0 to the Toronto Blue Jays.

Phelps struck out one and walked one, and has not given up a run in five innings over two starts. He could earn a spot in the rotation to start the season if Phil Hughes remains sidelined by a bulging disk. Hughes is working out in a pool and might resume throwing in a few days.

Brandon Morrow gave up two hits in two shutout innings for Toronto and Andy LaRoche hit a seventh-inning homer off Chase Whitley. THE ASSOCIATED PRESS



Toronto's Jose Bautista watches a pop up on Thursday in Tampa, Fla. THE CANADIAN PRESS

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Cycling. Will Livestrong survive post Armstrong? 'Hell, yes,' says charity prez

Leaders of the cancer charity founded by Lance Armstrong said Thursday that the organization will persevere in the wake of the cyclist's admission that he used performance-enhancing drugs.

"I am on safe ground to say that the past year did not go as planned," Livestrong's executive vice-president Andy Miller said at The Livestrong Foundation's annual meeting in Chicago — its first such gathering since Armstrong's troubled departure. "Things happen that we cannot control — cancer has taught us that. What do we do? We adapt."

He added later, "The Livestrong Foundation is not going anywhere."

Livestrong's president, Doug Ulman, echoed that sentiment in prepared remarks for the more than 500 participants.

"Our success has never been based on one person," said Ulman, who was unable to deliver the speech in person because of travel delays. "Will the Livestrong Foundation survive? Yes. Absolutely, yes. Hell, yes."

Armstrong stepped down as chairman of the charity in October, saying he didn't want his association to damage the foundation's ability to



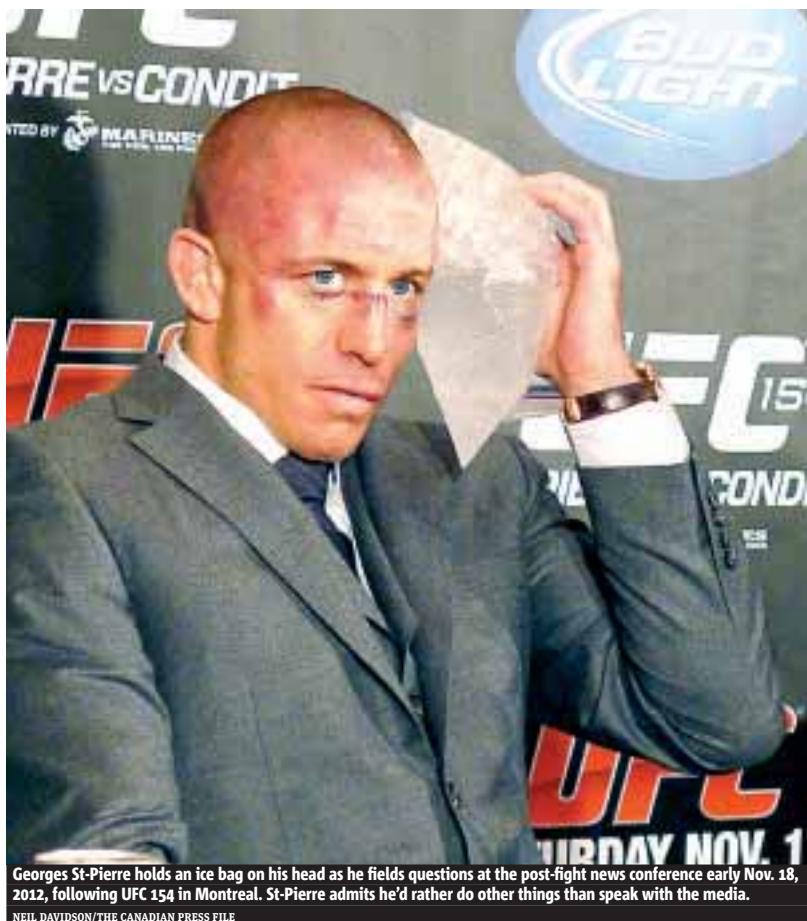
Lance Armstrong at a Livestrong event last October. GETTY IMAGES FILE

raise money and continue its advocacy programs on behalf of people with cancer.

Among the steps the organization is taking to establish a new identity is to change its day of action each year from Oct. 2 — the date in 1996 that Armstrong was diagnosed with cancer — to May 17, the group announced Thursday.

On that day in 2004, the charity launched their trademark yellow Livestrong bands. Since then, 87 million have been sold. Katherine McLane, the group's executive vice-president for communications, said.

THE ASSOCIATED PRESS



Georges St-Pierre holds an ice bag on his head as he fields questions at the post-fight news conference early Nov. 18, 2012, following UFC 154 in Montreal. St-Pierre admits he'd rather do other things than speak with the media.

NEIL DAVIDSON/THE CANADIAN PRESS FILE

St-Pierre hopes that Diaz isn't pulled out of UFC title fight

MMA. Canadian at ease with the media, but admits he'd rather spend time training or doing other things

Being trapped in the middle of a media scrum is not Georges St-Pierre's idea of a good time, but the mixed martial arts champion is always glad to do it.

Then again, it only ever seems to be an issue when his opponent is the apparently camera-shy Nick Diaz.

And that's who St-Pierre is set to face when he puts the welterweight championship on the line March 16 at UFC 158 at the Bell Centre.

Diaz reportedly came within a whisker of being pulled from the fight card when he recently failed to show up for three scheduled interviews. While he eventually did attend to his

Winning streak

- St-Pierre (23-2), the UFC welterweight champion, will be going for an 11th win in a row.
- He's seeking a second straight win since he ended a 19-month injury layoff with a victory by unanimous decision over Carlos Condit at the Bell Centre in November.

media obligations, it's anyone's guess as to what UFC boss Dana White will do if Diaz is a no-show again at events leading to the fight with St-Pierre.

"I hope they don't take him out because I've trained hard," St-Pierre said Tuesday amidst a thicket of cameras after a public workout at the Tristar gym. "He'll show up."

"It would be inconceivable that he doesn't. He can make some money that will maybe

last the rest of his life. Not showing up would be really stupid, and he's not stupid. He's strange and unorthodox. He has maybe had trouble dealing with stress in the past. But he's not an imbecile."

Diaz has been in trouble for missing media events before.

St-Pierre was supposed to fight Diaz at UFC 137 in October 2011, but the Stockton, Calif., native was taken off the card when he skipped some pre-fight promotional events. St-Pierre eventually also pulled out with a knee injury.

St-Pierre is one of his sport's biggest stars and the Quebec native is always in demand for interviews and appearances.

"Seriously, I despise it," he said. "I like you guys (reporters), but I don't like doing this."

"I've been repeating the same thing 50 times every week. It's like a computer in my head. But it's part of my job, so he has to do the same. Otherwise, it's not fair."

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Horoscopes**Aries****March 21 - April 20**

You are going through rather an intense phase at the moment and it's putting a strain on your body, mind and emotions. Take a break. What you are searching for will be found the moment you stop looking for it.

Taurus**April 21 - May 21**

Don't hesitate today or you may lose momentum and give your rivals a chance to catch up. All's fair in love, war and business and if you make sure you are first, the rewards are sure to follow.

Gemini**May 22 - June 21**

Listen to your instincts and act on what they tell you. If you have one brilliant idea today you will probably have a dozen or more, so you need to be selective. What is the most realistic option? Go for it.

Cancer**June 22 - July 23**

Cut through all the confusion and get to the root of a problem that has been causing you a lot of sleepless nights. All you have to do is stick to the facts and avoid making value judgments. Sounds easy, doesn't it?

Leo**July 24 - Aug. 23**

How often have you been told not to act in haste? Too many, no doubt, but today you are invited to act as quickly as you like. In fact, the quicker the better. You simply can't put a foot wrong now.

Virgo**Aug. 24 - Sept. 23**

You may be practical by nature but you have flashes of inspiration like everyone else and you should listen to what your inner voice tells you today. One good idea, in particular, could be a money spinner.

Libra**Sept. 24 - Oct. 23**

Important things will only get done today if you step up to the plate and take charge. Inevitably, some people will complain but you don't have time to argue: they either do as they are told or get left behind.

Scorpio**Oct. 24 - Nov. 22**

Do you get the feeling that someone is trying to annoy you for the fun of it? Whether or not it is true, you are advised not to lose your temper with them. Really, it's just not worth the hassle.

Sagittarius**Nov. 23 - Dec. 21**

Try to arrange things so that you don't do any real work at all. Put yourself forward as team leader. Take a supervising role. While others are working their fingers to the bone, you'll be getting the praise!

Capricorn**Dec. 22 - Jan. 20**

If someone offers you an apology today, you must accept it. No matter what it is that caused your falling out, it's obvious that they don't hold a grudge. So, there is no reason why you should either.

Aquarius**Jan. 21 - Feb. 19**

You will be in inspired form today. You will come up with ideas that others simply don't have the insight or intelligence to think of. But remember that good ideas are like manure — they work best when spread around.

Pisces**Feb. 20 - March 20**

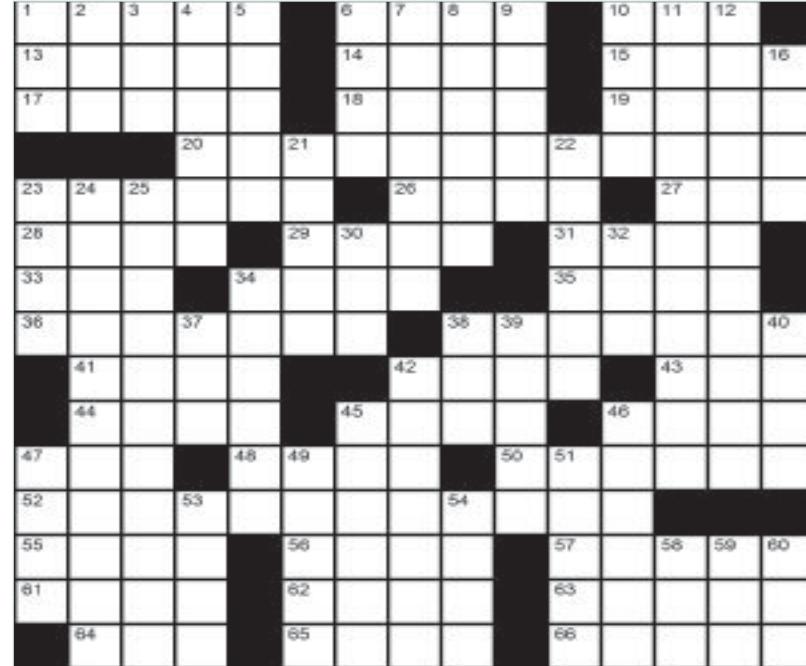
It may seem as if someone has let you down or, worse, betrayed a secret about you, but don't get on your high horse just yet. It could be there's another side to this story. Stay calm and find out what it is. **SALLY BROMPTON**

Crossword: Canada Across and Down

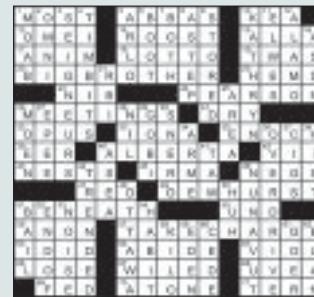
BY KELLY ANN BUCHANAN

Across

- Zeppelin's "Whole ___ Love"
- Speed of sound, ___ 1
- "Eew."
- Christina Aguilera's "___ to You"
- Tooth complaint
- Mr. LaBeouf
- Commenced
- Helen of ___
- Criminal escapes
- Bit of Leonard Cohen's "Hallelujah": "Love is not a ___ / It's a cold and it's a broken..."
- Legendary lady of Coventry
- Mr. Bridges, Jeff's actor brother
- Assemble the bricks
- Car rental company
- Mardi ___
- Come across as
- Guitar master Mr. Paul
- Plane reservation
- Short-term worker, shortly
- "Happy Days" diner
- Spice Girls smash
- Cowardly Lion's alter ego in Kansas
- Extinct bird
- Not specialized [abbr.]
- Looked
- ___ fide
- Exclusively
47. ___ the Record Man
- Compass/ruler set, for short
- Ms. Anderson
- Shakespeare's place-for-plays: 2 wds.
- 'Slithy' Lewis Carroll creature
- Prefix with 'are' (Land measure)
- Shrek, and others
- Je ___, Tu es, Il est...
- "___ my wit's end!"
- Molten rock
- builder (Stage gig)
- Particle physics lab near Geneva
- Actor, Sean ___

**Down**

- Ad-___ (Off-the-cuff)
- 'Rem' ender (TV clicker)
- ___-of-war
- Country singer Randy
- Couple's yrly. celebration
- Toronto jazz singer Mr. Dusk
- Circus performer
- Tasks
- OutKast hit!: 2 wds.
- Filmdom's Ms. Fisher
- Celine Dion's birthplace in Quebec
12. 19th Prime Minister, in 1993: 2 wds.
- Like fireplace residue
- Like pet store birds
- "I ___ longer..." (Habit-quitter's pledge)
- Grand event
- Fanatical
- 1955's "Lady and the Tramp", for one: 2 wds.
- Univ. dorm supervisors
- 'Eight' ender
- "We Are Family" by Sister ___
- 'Rev' add-on (Take back)
- Came through
- Conform
- "Orinoco Flow (Sail Away)"
- singer
- Glassed-enclosed VIA Rail spot: 2 wds.
- Puccini opera, La ___
- Beginnings, Alphas ...Conclusions, ___
- Li'l drill instructors
- Moral principle
- Fragrance
- Most proficient
- Office memo abbr.
- Mil. unit
- Poet Ms. Dickinson, to pals
- Francisco

Yesterday's Crossword**Sudoku****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	7	3	9	6	5	8	2
8	9	5	1	2	7	3	6	4
2	3	6	8	5	4	1	7	9
5	6	3	4	8	2	7	9	1
4	2	9	5	7	1	6	3	8
7	8	1	6	3	9	4	2	5
3	1	4	2	6	8	9	5	7
6	7	2	9	4	5	8	1	3
9	5	8	7	1	3	2	4	6

9		7	3	6	8
		6			7
2	1	8	5		
8	5	1	4		
	7	4	2		3
	5	1	9	6	
4		2			
3	7	1	8		5

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Variable

Saturday

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Variable

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